



KIRKLAND TEEN

CLASSES

You School

Everyone wants to discover their unique passion and contribution to making an impact in the world. But how do you actually figure that out? And what does it mean to chase a dream for your life—where you're not only doing what you love but also paying the bills? Through YouSchool you'll have the opportunity to explore how your past shapes your future, how to think clearly about yourself and your potential, have the right conversations with the right people in your life, and clarify next steps to pursue your best life.

March 11–April 8 • Tuesday, 5:30–8:00pm • \$300



Zen Friends

Yoga for all abilities

The KTUB ZEN FRIENDS Yoga Program is a 6 week program that is all about creating the space and providing the tools to enable students of all abilities to reach their full potential no matter where they are starting from. Everyone has different needs and abilities along with strengths and talents. The idea is to discover these attributes and bring them forth through various yoga programs. Yoga has been around for thousands of years because on some level it works for everyone.

At ZEN FRIENDS Yoga we adapt the yogic concepts to make these benefits available to all students. This program is designed to teach teens the skills to improve their balance and flexibility, as well as their focus and concentration, learn relaxation techniques and increase self-confidence.

Saturdays 4:00–5:00pm • \$60 per session or \$5 drop in fee
Max Participation: 20 students

Silk Screening 101

It's time to be your own fashion designer and leave the others behind. Turn any computer generated or hand drawn image into a vibrant fashion statement. In a band? Come learn how to create your own merch to sell at shows. We'll walk you through prepping a screen, setting the image and making a design that will last longer than the Rolling Stones.

Third Thursday of the month: 4:00–6:00pm
\$25 • Max Participation: 10 students

KTUB Café 321

The KTUB CAFÉ 321 Training Program is a 6 week program that incorporates active training in coffee making and soft skills. This training program is designed to teach teens the skills required to work at a local service establishment. This program provides a chance to improve and learn new skills needed to carry you over to the professional job world. You will be required to complete a demanding checklist of drink recipes and skill sets. Upon completion of course, participants will receive a professional reference, written recommendation of employment, interview practice, and a Food Handlers card.

March 12–April 16 • Wednesday, 3:00–5:00pm
\$75 • Max Participation: 6 students

Piano for Musicians

Expand your musical abilities by adding piano or keyboarding to your repertoire. This program is for individuals who already have a concept of music and play another instrument.

March 12–April 16 • Wednesday, 4:00–5:00pm
\$30 • Max Participation: 6 students

Intro to Live Sound Engineering

Learn the basics of sound engineering and mixing, using a mixing board, audio systems, microphones, and more. Get practical advice on running a successful sound check, managing set changeovers, and building a career in the field of audio engineering. A 4 week class, followed by applying new skills in 2 concerts!

April 17–May 22 • Thursday, 4:00–6:00pm
\$60 • Max Participation: 5 students

Career Readiness Workshop

Want to be ahead of the curve and land that summer job? The Career Readiness Workshop is targeted primarily to teenagers interested in exploring education, training, and career options, and ultimately, finding meaningful employment. Come learn the art of networking, building resumes, creating cover letters, and using the web to research internship and job opportunities. Hear first-hand from professionals how you can make the best impression and learn what it takes to land an interview or internship. On completing the course, walk away with a complete portfolio, ready to take on the workplace!

April 2–30 • Wednesday 3:00–5:00pm
\$50 + free personal drop-in sessions on Fridays

348 Kirkland Ave
Kirkland, WA 98033
P 425.822.3088 • ktub.org

Through the Kirkland Teen Union Building, the Y strives to meet and exceed the social and cultural needs of young people while offering resources that empower them to become active, caring and responsible community members. As a recreation, resource and arts center, this unique facility gives teens a positive, supportive environment to develop their skills, connect with their peers and make a difference locally. The Y is dedicated to youth development, and alongside our partners and supports we're working to strengthen our community now and for the future.

Spring Hours

Tuesday & Thursday 3–8pm
Wednesday 1–8pm
Friday 3–9pm
..... 3–11pm for concerts
Saturday 4–8pm
..... 4–11pm for concerts

Summer Hours

Monday–Friday Registered Programs 10am–2pm
Drop In Programs 3–8pm
Saturday Events & Concerts ONLY



Register at
www.ktub.org

UNION BUILDING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE PROGRAMS

Youth for Diversity (YDP)

YDP is a 5 week cross-cultural youth program that allows them to explore their values and beliefs, gain knowledge about world cultures, and develop skills to incorporate in school, work and life. Through a combination of active dialogue, field trips and intercultural experiences, YDP offers a safe space for teens to explore as well as gain diversity and cultural competency. Teens watch foreign movies, learn about music and dance, experience regional arts and craft, and with the help of our special guests, cook up some International delicacies. A GREAT OPPORTUNITY FOR YOUR SENIOR PROJECT!

April-June • Wednesdays 3:00–5:00pm
FREE • Max Participation: 20 students

Teen Feed

Teen Feed is a free meal program offered at KTUB every Friday night at 6:00pm and is open to all young people between the ages of 13-22, regardless of income. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Teen Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and to promote healthy living principles.

Every Friday • 6:00pm
FREE • Max Participation: unlimited

Teen Leadership Board

Meeting once every other week, with monthly service projects and special events, Teen Leadership Board is a chance for youth to actively shape the community at KTUB and their community. Earn volunteer hours and make a difference where it counts. Being part of the TLB is a fun and gratifying way to learn and participate while gaining valuable experience necessary for any resume or college application.

Wednesdays • 6:00pm
FREE • Max participation: 20

Music Internship Program

Do you love music? If you are interested in show management, audio production, booking, and all things music, this will be a good chance for you to learn the ropes. In exchange for your service hours, you hang out with creative and talented peers and get into shows for FREE!

Tuesdays and event schedule • 4:00–7:00pm
FREE • Max Participation: 15

SUMMER CAMPS



Youth Institute

Have you ever wondered how to get that first job when you have never had a job before? How do you get experience? Well, here's your chance! This two month long summer JOB is more than just breaking through to that starter job, it is supplying you all the skills employers are looking for. This cutting edge technology program uses photo editing, video production, and magazine creation to give young people valuable market tools. Participants will earn a stipend upon successful completion of all the job requirements.

Wilderness Retreat June 27–July 1
Program July 30–August 8

9:00am–4:00pm • FREE • Participants earn \$500 upon successful completion • Max Participation: 15

Long Board Production Camp

Perfect the fundamentals needed to produce a long board skateboard. Learn how to measure precise dimensions on wood and later turn it into your very own custom board. Work with carving and shaping wood, laying down your own grip tape, plus designing your own art on the bottom side. Install trucks, wheels and bearings and you'll be cruising down the streets on your own personalized, hand built, long board! We will then test out our boards at local skate parks.

July 21–25 • 10:00am–2:00pm
\$210 • Max Participation: 12

Everything Art Camp

Culinary art, fabric design, photography, mixed media, graffiti art, and upcycling, this week of expression will sample it all. Work with your favorite media and explore talents you may have never realized you had! This camp will culminate with an art gallery day complete with music, refreshments and you as the host to show off your pieces.

June 30–July 3 • 10:00am–2:00pm
\$210 • Max Participation: 16

Studio Sensations

Are you a singer or a musician? Are you a part of a band and ready to release your music? In one week, work hard in the studio writing and recording your songs with professional Audio Engineers. As an added bonus, learning silk screening and perfect your social media press kit with the guidance of KTUB's music staff. Walk away ready to explode on the scene! Culminate by performing your music for family, friends, and Eastside music fans! Work Hard. Rock Harder.

July 23–27 • 10:00am–2:00pm
\$210 • Max Participation: 20

Café 321 Camp

KTUB Café 321 camp incorporates active training in coffee making and soft skills. This camp is designed to teach teens the skills required to work at a local service establishment. This camp will provide participants a chance to improve and learn new skills needed to carry you over to the professional job world. Participants will spend part of the day learning the skills and the other part of the day practicing their customer service skills with the local community.

July 7–11 • 10:00am–2:00pm
\$210 • Max Participation: 12



KTUB End of Summer Getaway

Wrap a summer with one more adventure before heading back to school. Join KTUB staff and participants for an OVERNIGHT retreat. Barbecue, beaches, relaxation, ropes course, smores, and of course laughter. Set the stage for a great year by getting away with your friends at KTUB all at NO COST!

Date TBA • 10:00am–2:00pm
FREE • Max Participation 16

See website for most current information